

Bay Community Health News



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Impact of Bed Bugs on Public Health

Recently, public health agencies across the country have experienced an increase in complaints and concerns about bed bugs. Although bed bugs are not known to transmit disease, they are a pest of significant public health importance. Bed bugs fit into a category of blood-sucking ectoparasites (external parasites) similar to head lice (*Pediculus humanus capitis*). Bed bugs, like head lice, feed on the blood of humans but are not believed to transmit disease.

Bed bugs cause a variety of negative physical health, mental health and economic consequences. Many people have mild to severe allergic reaction to the bites with effects ranging from no reaction to a small bite mark to, in rare cases, anaphylaxis (severe, whole-body reaction). These bites can also lead to secondary infections of the skin such as impetigo, ecthyma, and lymphangitis. Bed bugs may also affect the mental health of people living in infested homes. Reported effects include anxiety, insomnia, systemic reactions, and skin problems that arise from profuse scratching of the bites.

When bed bugs bite, they inject an anesthetic and an anticoagulant that prevents a person from feeling the bite. Because bites usually occur while people are sleeping, most people do not realize they have been bitten until marks appear. The bite marks are similar to that of a mosquito or a flea - a slightly swollen and red area that may itch and be irritating. The bite marks may be random or appear in a straight line. Bed bug bites are usually self-limiting and have durations of 3 to 10 days, but they can result in scarring. Oral or topical antihistamines or low potency topical corticosteroids will relieve the itching.

One of the easiest ways to identify a bed bug infestation is by bite marks that appear on the face, neck, arms, hands, and any other body parts. However, these bite marks may take as long as 14 days to develop in some people so it is important to look for other clues when determining if bed bugs have infested an area. These signs may include the exoskeletons of bed bugs after molting, bed bugs in the fold of mattresses and sheets, a sweet musty odor, and rusty-colored blood spots from their blood-filled fecal material that is often excreted on the mattress or nearby furniture.

Bed bug control is most effective when an Integrated Pest Management (IPM) approach is implemented with diligent participation by the residents. A comprehensive IPM program to control bed bugs may include a number of methods such as:

- using monitoring devices
- removing clutter where bed bugs can hide
- applying heat treatment,
- vacuuming
- sealing cracks and crevices to remove hiding places
- using non-chemical pesticides

It is important to advise patients that they should not attempt to treat a bed bug infestation in their own homes by themselves. If they think they may have a bed bug infestation, they should contact a pest control specialist. This is not a pest that can be controlled with do-it-yourself measures. Most pesticides that are available to home users are not effective on bed bugs.

For more information on Bed bugs, visit Michigan Department of Community Health's website at www.michigan.gov/emergingdiseases or the Centers for Disease Control's website at www.cdc.gov.

PERTUSSIS AND ITS COMEBACK - IN PERSONS OF ALL AGES

Reported Pertussis levels in Michigan, and several other states, remain high in 2010. In Bay County, this increase was first observed in the second half of 2009, with (9) total confirmed cases for the year, compared to (0) cases in 2008. Pertussis has continued to increase in Bay County with (20) total confirmed cases as of September 30, 2010.

Health-care provider recommendations are a crucial determinant of vaccination acceptability. Vaccination providers should 1) discuss tetanus vaccination status, especially with older patients, 2) recommend Tdap for persons aged 18–64 years whose most recent tetanus vaccination was ≥ 10 years prior, and 3) recommend that Tdap vaccination for health care providers with direct patient contact and those with infant contact be administered as soon as feasible, at intervals as short as 2 years since the most recent tetanus vaccination. For other persons aged 18–64 years, Tdap can be administered within 10 years of the most recent tetanus vaccination to protect against pertussis and especially should be considered during outbreaks and periods of increased community pertussis activity.

NOTE: Specimen Collection/Submission Procedure - Nasopharyngeal Swab for Culture or PCR: *Serology is not recommended for lab confirmation of pertussis.* To confirm a case of pertussis, if possible, obtain specimen during the catarrhal stage of illness

REPORTED NUMBER OF COMMUNICABLE DISEASE CASES IN BAY COUNTY FOR 2008, 2009, AND 2010

(2010 represents January – September 30)

BAY COUNTY			
DISEASE	2008	2009	2010
Bacterial Meningitis	0	4	1
Campylobacter	6	9	3
Chlamydia	250	305	214
Chicken Pox (Varicella)	41	18	9
Cryptosporidiosis	0	2	0
Escherichia coli 0157:H7	0	1	0
Giardiasis	7	3	0
Gonorrhea	35	38	32
Hepatitis A	0	1	1
Hepatitis B Chronic	1	2	4
Hepatitis C Chronic	30	59	46
HIV, Adult	3	0	0
Legionellosis	2	2	0
Listeriosis	0	0	2
Mumps	0	0	0
Pertussis	0	9	20
Rabies (Animal)	2	2	2
Salmonellosis	9	12	1
Shigellosis	0	0	0
Syphilis	1	1	2
Tuberculosis	0	0	0
Viral Meningitis	13	10	8

(generally first 1 -2 weeks of cough), before paroxysmal coughing starts. Dacron swabs (on aluminum or plastic shafts) are recommended.

TIMELINESS TO TREATMENT FOR CHLAMYDIA & GONORRHEA

Timely treatment is a key component in reducing complications to the patient and curbing disease transmission. By treating patients quickly, adverse outcomes such as pelvic inflammatory disease (PID) and ectopic pregnancy can often be prevented and thus reduce the likelihood of infertility. Further, partners can be notified and treated sooner and reduce the risk of re-infection. The CDC recommends presumptive treatment of women who present with cervicitis and are at increased risk for Chlamydia (age ≤ 25 years, new/multiple sex partners, unprotected sex, etc.), especially if the provider cannot ensure follow-up or the diagnostic test was anything other than a Nucleic Acid Amplification Test (NAAT).

Health care providers, please inform your patients of the importance of informing their partners regarding the need for treatment. Partners may call the Bay County Health Department Health Screening clinic at (989) 895-4003, Option 1, or their local health department. **New Change in CDC Guidelines: Remember to retest for all positive Chlamydia and Gonorrhea patients 90 days after treatment.**

HIV AMONG MEN WHO HAVE SEX WITH MEN

Men who have sex with men (MSM) are at increased risk for infection with human immunodeficiency virus (HIV). HIV prevalence among MSM remains high and many HIV-infected MSM are unaware they are infected with HIV. Minority MSM are disproportionately affected by HIV. **The Centers for Disease Control (CDC) currently recommends that sexually active MSM get tested for HIV at least once per year.** CDC's National Behavioral Surveillance system (NHBS) found that 55% of infected men were unaware of it and had not sought testing in the preceding 12 months. The spread of HIV is a major public health concern for MSM because transmission occurs most frequently in this population. It is important for health-care providers to educate MSM on HIV testing and prevention programs.

PUBLIC HEALTH NEWS & NOTES**NEW BAY COUNTY MEDICAL DIRECTOR**

Dr. Kirk Herrick began his employment as Bay County Health Department's Medical Director on January 4, 2010. He has been involved in public health for many years having served on an advisory committee for the Michigan Department of Community Health and the Department of Human Services, as well as on the State Medical Board of Examiners. He currently serves as a Medical Director for GM Powertrain in Bay City and Nexteer Automotive in Saginaw, and runs a private practice in Saginaw. In addition, he is also a past Dean of the Michigan State University College of Osteopathic Medicine. Dr. Herrick received his doctorate from the Philadelphia College of Osteopathic Medicine in 1959. Dr. Howard Hurt remains Bay County's Medical Examiner.

SMOKE-FREE MICHIGAN

As of May 1, 2010, individuals are no longer allowed to smoke in public Michigan establishments. This includes the work place and locations where food or beverages are served and consumed. The aim of Dr. Ron Davis' Smoke-Free Air Law is to reduce exposure to secondhand smoke. The Michigan Legislature put this law into effect to preserve and improve the health and comfort of Michigan residents. The law serves two purposes: it determines where people can smoke publicly and it holds businesses to a higher standard than previously inferior antismoking laws. Locations exempt from Dr. Ron Davis' Smoke-Free Air Law are private residences, cigar bars, Tobacco Specialty Retail Stores, and selective outdoor locations. For more formation regarding Michigan's Smoke Free law, contact 1-866-59-SMOKE or visit the State of Michigan's website at www.michigan.gov.

**EFFECTIVENESS OF ALCOHOL-BASED
HAND DISINFECTANTS IN A PUBLIC
ADMINISTRATION**

In the Journal BioMed Central Infectious Diseases, researchers studied if hand sanitizer could reduce absenteeism in the workplace due to respiratory and gastrointestinal illness. The researchers utilized volunteers in public administrations in the municipality of the city of Greifswald, Germany. They studied the volunteers utilizing a prospective, controlled, intervention-control group design, providing some with hand sanitizer and some without, and recorded sick days over one year. The research showed statistically significant reductions in both common colds and diarrheal illness.

BATS & RABIES

Bats are the animal most often found to be rabid in Michigan. In general, the rate of rabies in the general populations of bats is thought to be less than 1%. An average of 6% of the bats tested at the Michigan Department of Community Health's Bureau of Laboratories is positive for rabies. The reason for the difference is the bats that get submitted for testing are more likely to be sick bats that are behaving abnormally and are therefore found inside the home or caught by pets.

Bats have very small teeth, and a bite from a bat may not be felt. Any direct contact with a bat represents a potential exposure to rabies. Other situations that might qualify as exposures include finding a bat in the same room as a person who may not be aware that contact has occurred, (i.e., finding a bat in the same room as a sleeping person, a child, or someone who is mentally disabled or intoxicated).

If the bat tests positive for rabies, or the bat is not available for testing, the exposed person should receive rabies post exposure prophylaxis (PEP).

NOTE: Bay County adult clients are most often referred to Bay Regional Medical Center Infusion Clinic and children to 3-West (Pediatric) to be scheduled for the post exposure rabies series and rabies immunoglobulin.

MDCH RELEASES 2010 MICHIGAN FISH ADVISORY

The Michigan Department of Community Health has issued the 2010 Michigan Fish Advisory with updated information. The advisory, released annually, provides information to assist people with identifying safe fish to eat from Michigan rivers, inland lakes, and the surrounding Great Lakes. The advisory has length and species-specific advice for individual Michigan waters, based on test results conducted on fish fillet.

Young children, and especially the unborn fetus, are more at risk if exposed to too much of the chemicals that build up in fish. Women of childbearing age and young children who regularly eat sport-caught fish from Michigan waters are strongly encouraged to follow this advisory. The advisory gives information about high levels of chemicals found in fish fillet, such as dioxins, polychlorinated biphenyls (PCBs) and mercury. It also provides advice about eating safe fish for adult men and women beyond childbearing age. In addition to the fish and water body specific advice, the guide provides protective advice for the fish consumer who only occasionally eats sport-caught fish, such as:

- Removing the fat removes many of the unwanted chemicals from the fish.
- Mercury is in the meat of both store-bought and sport-caught fish. It cannot be cut or cooked away.
- Eat different types of fish from a variety of sources to reduce the chance of getting too many meals of fish that are not safe to eat.

This simple advice is explained in more detail in a single brochure titled "Eat Safe Fish", located on the Michigan Department of Community Health's website at www.michigan.gov/fishandgameadvisory.



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*Creating A Healthy Environment
For The Community*

MISSION

We, at the Bay County Health Department, commit to providing Bay County residents with quality health care delivered by our qualified, compassionate staff. We believe in a holistic approach in promoting the optimal level of wellness in each individual.

GOALS

The goal of public health administration is to establish and maintain a community focus on public health through the development of an efficiently organized, adequately staffed and effective Health Department.

The Health Department was created to meet the needs and the expectations of all citizens in Bay County. Many of the services are free of charge while others are based on income, eligibility criteria, and fee for service.

We're on the Web!

Visit us at:

www.baycounty-mi.gov/Health

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